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Celebrity Buzz

Timberlake, Biel not finished yet

pg 18

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20 arrested after oilsands blockade

SUNCOR A Suncor oilsands upgrader in northern Alberta kept working yesterday despite attempts by an international group of Greenpeace activists — 20 of whom ended up being arrested — to block its supply of bitumen.

A Suncor spokesman confirmed that Greenpeace's executive director Bruce Cox was one of those taken into custody, after the group's second such protest in less than a month.

Live video from the protest, supplied by a Greenpeace crew, was being widely featured on newspaper sites and television broadcasts.

"We want (the oilsands) shut down and we want to send a message to world leaders that this is just not acceptable," said Cox from the site before his arrest.

THE CANADIAN PRESS

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3

Relating pg 6

Crackdown on dorm sex

Sports pg 8

Preview of NHL season

On the web

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Calgary offers western welcome to Dalai Lama

Spiritual leader awarded degree in first visit to city in 30 years

The Dalai Lama was welcomed to Calgary yesterday with a white cowboy hat reserved for distinguished visitors and an honorary degree that he joked was especially appreciated because he'd always been a "lazy student."

Speaking to an audience of 15,000, made up largely of students ranging in age from elementary school to university, the Tibetan spiritual leader recalled being given ancient texts at an early age that he couldn't seem to memorize.

He told the crowd his tutor had two whips — a yellow one for the "holy student" and another for the other pupils.

"If the holy whip is used, I don't think there's any difference of holy pain," he said, laughing.

The Dalai Lama was in the city for the first time in three decades to take part in a conference organized by the University of Calgary, which awarded him the degree.

In his opening address, he said that people need to change their thinking from us versus them to realizing we are all fundamentally the same.

Everyone is loved the same by their mother and grows up with that essential affection and capacity for understanding, he said.

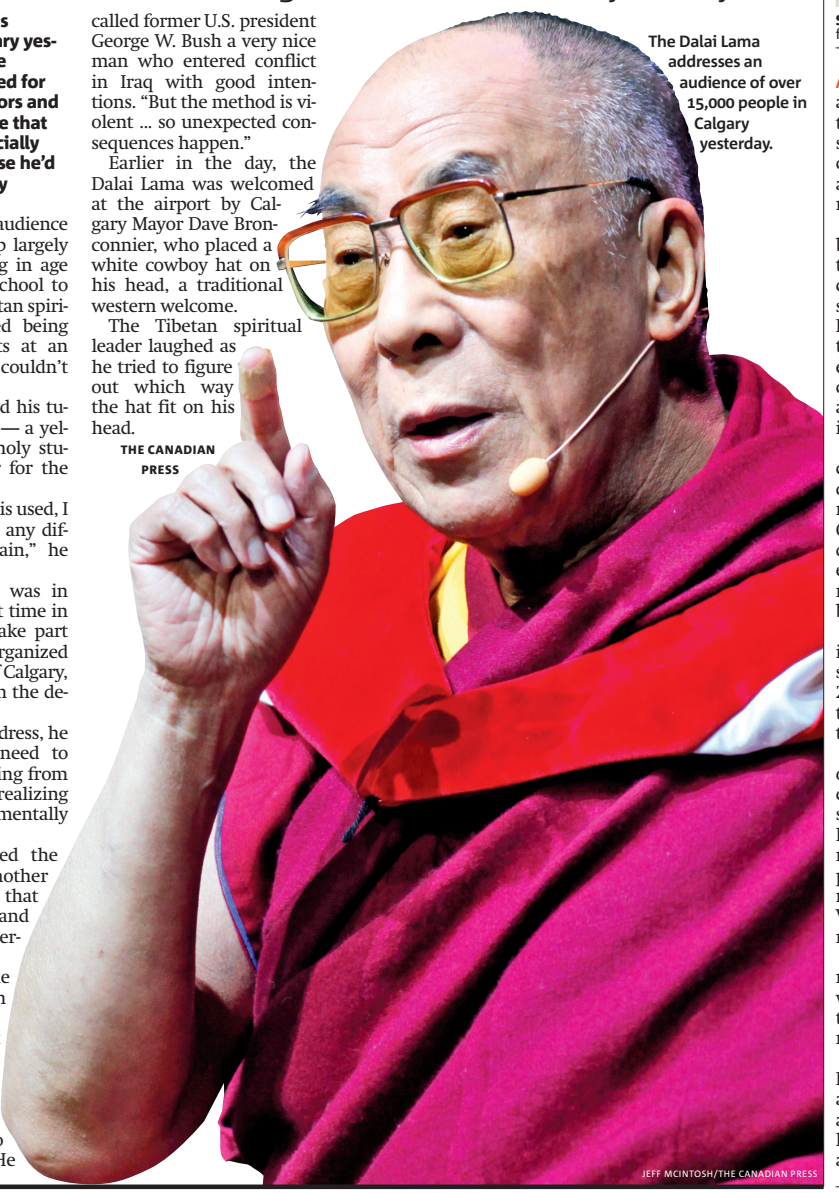
"In our blood, the seed of compassion is there."

He also said that the path to peace is not just a lack of war, but a deliberate and determined attempt to avoid violence. He called former U.S. president George W. Bush a very nice man who entered conflict in Iraq with good intentions. "But the method is violent ... so unexpected consequences happen."

Earlier in the day, the Dalai Lama was welcomed at the airport by Calgary Mayor Dave Bronconnier, who placed a white cowboy hat on his head, a traditional western welcome.

The Tibetan spiritual leader laughed as he tried to figure out which way the hat fit on his head.

THE CANADIAN PRESS



The Dalai Lama addresses an audience of over 15,000 people in Calgary yesterday.

JEFF MCINTOSH/THE CANADIAN PRESS

Concern lingers over rural EMS service

SHAWN LOGAN
for Metro Calgary

AMBULANCE The first regional EMS dispatch service set to be folded into Calgary's system is expressing concerns over the transfer and potential impact on rural clients.

Calgary has been tapped by Alberta Health Services to take over all ambulance dispatch operations in southern Alberta, but with Foothills Regional EMS set to be consolidated by the end of October, the commission guiding the agency is worried the service level may drop.

Fred Stegmeier, executive director of the service that covers seven municipalities, including Okotoks, said lingering questions about radio coverage and responding to rural addresses still haven't been answered.

"The commission is seeking assurances that the service provided after Oct. 29 is as good as they receive today, and we haven't got that yet," he said.

Curtis Brochu, manager of Calgary's public safety communications centre, said the service has had a long track record of responding to rural calls providing coverage to the municipal district of Rocky View, and Foothills will be no different.

"We've been dealing with rural areas for years and we will be able to give them the assurances they require," he said.

But Stegmeier said FREMS will still seek assurances from AHS or push for a delay in the transition or look at "alternative actions."

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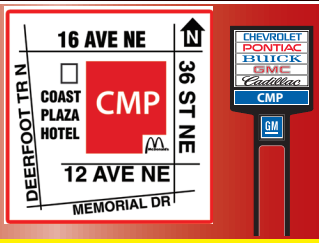

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Local

Ready for a little intimacy?

An Intimate Evening with Jann Arden, left, might be just the tune you're looking for — as the Canadian recording artist will be in Calgary on Nov. 23 and 24 at the Epcor Centre's Jack Singer Concert Hall. Tickets go on sale, Oct. 5. Tickets available at Ticketmaster.ca or charge by phone 403-777-0000. METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

Calgary tweets

• @ReignOverYou Seeing the dalai lama speak today was a once in a lifetime opportunity, and I recommend the experience to everyone.

• @barrefly So glad that I got to see the Dalai Lama. It was an honor just to be in his presence, I think. A very humble and gracious man.

• Find out what we're up to! Follow Metro Alberta publisher @steveshrout or Metro Calgary managing editor @Darren_Krause

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WHAT'S ONLINE TODAY

Video Cirque de Soleil founder blasts off to become Canada's first space tourist at **metronews.ca/canada**

Blogs Hollywood Rants on the opening of Zombieland and the rise of zombie culture

Lotteries

Lotto 6/49: 4, 10, 29, 33, 39 & 46. Bonus 2.

These results are not official.

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Website lets the public have their say

City gets in on social media

A new social media website hopes to engage Calgarians and generate ideas for a better city.

Futurecalgary.ca is being launched by Fused Logic Inc. as an ongoing "town-hall" meeting.

"To, on a citizen level, help the conversation continue publicly," said Walter Schwabe, the CEO of Fused Logic.

Though numerous social media sites already exist to help people connect, Schwabe said none of them solely focuses on generating ideas about improving the community.

"You'd have to surf like crazy, who has time for that," he said.

Schwabe said the website is intentionally simple so that all members of the community can use it.

It also allows others to comment on ideas and vote for them, which will keep the most popular ideas on top of the pile.

The site is meant to help city council get a sense of what people are concerned about and hopefully connect with people who have ideas.

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"If everybody embraces it ... it really can be this great communications tool."
Walter Schwabe, Fused Logic CEO

"If everybody embraces it … it really can be this great communications tool," Schwabe said.

The website is just being launched but Ward 11 Ald. Brian Pincott believes opening this kind of civic conversation has tremendous potential.

"Anything that promotes the exchange of ideas and discussion on what we can do in our city to make our city better is a good thing," Pincott said.

"That means of public exchange of ideas and dialogue to me is a foundation for a great city and I think for the most part is lacking in Calgary.

Harvest time **Getting dirty for a good cause**

STYLES SHROUT/METRO CALGARY

Ryan Lovett and Mackenzie Delta Hughes did their part in yesterday's downtown community harvest project. The produce from the harvest went to the Calgary Inter-Faith Food Bank.

3,000 crosses to line Memorial Drive

POPPY Thousands of white crosses will soon line Memorial Drive in an effort to honour the area's fallen veterans.

The Calgary Poppy Fund is already building the 3,000 crosses that will be erected along the busy thoroughfare at the end of October after receiving a $100,000 donation from Calgarian Murray McCann.

George Bittman, chair of the Poppy Fund, said each cross represents the estimated number of Calgary and area soldiers who lost their lives in battle and should help remind people of the sacrifices that were made for them.

"I hope it's going to instil a sense of pride in fellow Canadians who made those sacrifices," he said.

"We're trying to do this for the young people and people who don't know."

SHAWN LOGAN/FOR METRO CALGARY

Ambulance takeover hurts cops: Chief Hanson

EMS The provincial takeover of Alberta's ambulance services have put police investigations at risk, Calgary's top cop told a city committee yesterday.

Chief Rick Hanson told the city's protective services committee that in the past police and EMS worked hand in hand but privacy legislation has made it more difficult to fight crime.

"It results in those things like ... where investigations are put at risk, or even more importantly, we're not made aware of a significant issue like a shooting or a knifing that occurs, or even more around domestic violence," he said.

SHAWN LOGAN/FOR METRO CALGARY

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Reward for missing girl extended

The reward for a missing Quebec girl who vanished under suspicious circumstances is being extended until the end of the year. Prominent Quebec lawyer Guy Bertrand says he'll continue fielding calls from anyone with information on Cedrika Provencher until Dec. 31. THE CANADIAN PRESS

Canada

Vaccine makers protected by feds

Canada will shield vaccine makers in case of lawsuits over the new swine-flu shot. The chief public health officer, Dr. David Butler-Jones, says drug companies will be protected if there are problems with the vaccine — as long as the problems are not caused by malpractice. That means the federal government — not the vaccine makers — would have to pay any damages awarded in court.

THE CANADIAN PRESS

News in brief

NATIVE AFFAIRS The federal government's effort to stop violence against native women represents "a shocking failure" to stem an epidemic of murder and disappearance, says Amnesty International. Ottawa must get to the heart of why more than 520 native women have vanished or been killed over the last four decades, the human rights watchdog said Wednesday in a new report, No More Stolen Sisters.

SENTENCE A soldier who shot his friend dead in Afghanistan during "horseplay" with firearms violated the trust of his colleagues, a military judge said yesterday before dismissing Matthew Wilcox from the military and sentencing him to four years in prison. Cmdr. Peter Lamont said Wilcox's carelessness had a fatal result for Cpl. Kevin Megeney, who died on an operating table after his tentmate fired a bullet through his chest on March 6, 2007.

THE CANADIAN PRESS

Toronto **Monkey business**

CHRIS YOUNG/THE CANADIAN PRESS

A month-old baby gorilla is held by his mother Ngozi at the Toronto Zoo yesterday. The zoo is holding an online competition to name the baby western lowland gorilla.

Tories play favourites with federal cash: MP

New Democrat argues exclusion from information

Opposition MPs say the Harper government is playing political games with federal stimulus funding by keeping them out of the loop — and the limelight — in their own ridings.

New Democrat Linda Duncan and others say they may be getting their fair share of taxpayer-funded projects, but they repeatedly find themselves excluded from the flow of information and publicity.

"It's become a political slush fund," said Duncan, the lone opposition MP in Alberta, who reads the local paper to learn about which projects have won funding in her riding.

Duncan said the flow of money seems to be OK, a comment trumpeted this week by Transport Minister John Baird, facing criticism from the Liberals that the Conservatives are hogging too much of the stimulus money. But she said Baird was too quick to assume that her comments were a tacit approval of a process that has become highly politicized.

"What he failed to mention is my displeasure with their failure, as a minimum courtesy, to inform me when approvals are given. (Meanwhile,) they are taking the Conservative candidate to all the media announcement events."

The Conservatives are gunning for her riding. She won it by a narrow margin last election.

Like other opposition MPs who barely beat their Tory opponents, she sees money coming her way, but she gets no credit for it.

THE CANADIAN PRESS

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African authorities seize ivory
Authorities in Ethiopia and Kenya have seized more than 1,200 kilograms of bloodstained ivory from about 100 illegally killed elephants at airports, the head of Kenya's Wildlife Service said yesterday. THE ASSOCIATED PRESS

World

Hawking steps down at Cambridge

Physicist Stephen Hawking, left, stepped down yesterday as Lucasian Professor of Mathematics at Cambridge University after 30 years in the post. The roughly 350-year-old position has been held by such luminaries as Isaac Newton and Charles Babbage, one of the fathers of modern computing. It is customary for professors to retire from the post the year they turn 67. Hawking reached that age in January. THE ASSOCIATED PRESS

Massive quake kills at least 200 in Sumatra

Comes just a day after tsunami hit Samoa

A disaster management official says at least 200 people have been killed by the powerful earthquake that struck western Indonesia.

Priyadi Kardono, a spokesman for the National Disaster Management Agency, says the deaths were counted in the coastal Sumatran city of Padang, following yesterday's 7.6 magnitude quake.

A higher death toll is expected once officials tally casualties in other areas of West Sumatra province where communications and roads have been severed.

Kardono said yesterday that about 500 buildings collapsed in Padang — a sprawling regional capital of 900,000 people.

A huge aid operation was under way.

Buildings swayed hundreds of kilometres away in neighbouring Malaysia and Singapore.

The magnitude 7.6 quake hit at 5:15 p.m. local time, just off the coast of Padang, the U.S. Geological Survey reported. It occurred a day after a killer tsunami hit islands in the South Pacific and was along the same fault line that spawned the 2004 Asian tsunami that killed 230,000 people in 11 nations. THE ASSOCIATED PRESS

Second quake

- The U.S. Geological Survey says another powerful earthquake has shaken western Indonesia. The 6.9 magnitude struck at 8:52 a.m. local time this morning on Sumatra island, about 280 kilometres from the epicenter of yesterday's quake.

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Philippines **Storm kills hundreds**

BULLIT MARQUEZ/THE ASSOCIATED PRESS

Residents wade through floodwaters as they make their way to evacuation centres yesterday, in San Pedro, Philippines. One of the most destructive storms in years extended its deadly path across Southeast Asia. The death toll is at 362 and rising.

Top U.S. Court aims to nix handgun ban

LAW The U.S. Supreme Court says it will take up a challenge to Chicago's ban on handguns, opening the way for a ruling that could set off a vigorous new campaign to roll back state and local gun controls across the U.S. A ruling against the city's outright ban could lead to legal challenges to less-restrictive laws across the country that limit who can own guns, whether firearms must be registered. THE ASSOCIATED PRESS

News in brief

HEALTH Drug-related deaths outnumber those from motor vehicle accidents in a growing number of U.S. states, according to new government data that highlight a shift in the top cause of deaths after disease and illness.

CAPSIZE A boat carrying 75 tourists capsized on a reservoir in southern India yesterday, killing at least 28 people and leaving dozens missing, police said. Rescuers are looking for 27 other missing tourists. THE ASSOCIATED PRESS

On the web

Exclusive:

- Metro takes closer look at Amnesty International report on failure of Bosnian governments to guarantee rights of thousands of women and girls who were raped during the 1992-1995 war. Go to metronews.ca/world.

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Comment

Beware campus sex cops

Relating

You can't legislate good manners, consideration or discretion, but the futile attempts never end.

Among the latest is a directive to students in residence at Tufts University in Michigan: "You may not engage in sexual activity while your roommate is present in the room. Any sexual activity within your assigned room should not ever deprive your roommate(s) of privacy, study, or sleep time."

Granted, subjecting your roommate to such sights and sounds is the height of bad form, but is it really necessary to alert the authorities? How about a little effort to be quiet on this side of the room, an indulgent blind eye on that side?

The new policy replaces sensible solutions like "sexile," in which one asks one's roommate to amscray in order that boot-knocking may proceed in peace, or the time-honoured "Do Not Disturb" tie on the doorknob.

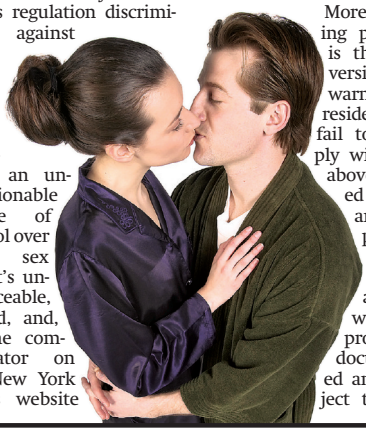
That is what civilized roommates do for one another. They learn to live together and it can be part of their education. Or you can make more rules and push students around, as Tufts has decided in its transformation into Nanny State U.

This regulation discriminates against the lucky and gives one's roommate an unconscionable degree of control over one's sex life. It's unenforceable, absurd, and, as one commentator on the New York Times website asked, "What if you want to have sex with your roommate?"

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

What if the coast is clear, and you begin your lawfully constituted activities, only to have *Buzzkillus interruptus* come home mid-shag. Are you required to stop or is the roomie obligated to leave?



More worrying perhaps is the university's warning: "If residents fail to comply with the above stated policy and expectations, their actions will be properly documented and subject to residential judicial consequences."

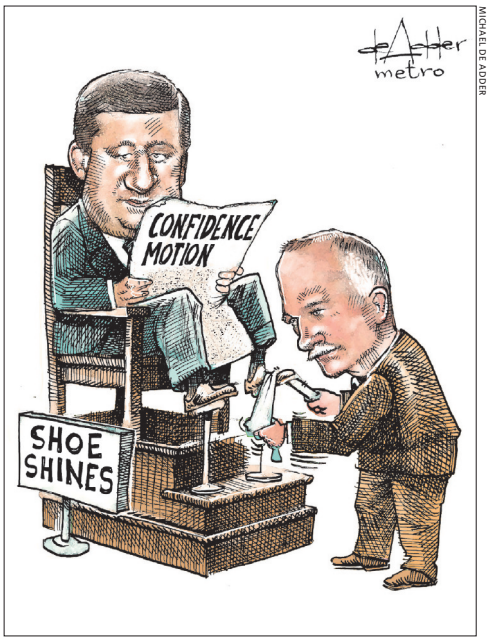
How does one "properly document" such actions? Will a simple written description of observed activities suffice, or should the roommate get photographic or video evidence? And who's the pervert now?

Why the university felt it necessary to single out sex also puzzles. Will further rules be drafted to make sure students are eating balanced meals, doing their homework and calling their moms weekly? They are after all, adults, and should be left to do their adult thing, as often as the opportunity arises.

Tufts claims the new rules were brought in after a "significant number" of complaints about randy roommates. How many? About 12, it turns out. Tufts has about 8,500 students, and the dirty dozen have now brought collective punishment on them all.

Can't we all just get along *and* laid?

Steve Collins offers his best guesses on relationships for Metro every two weeks.

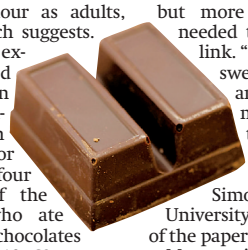


MICHAEL DE ADDER

Worth mentioning

Sweet tooth as kids may lead to prison: Report

Willy Wonka would be horrified. Children who eat too much candy may be more likely to be arrested for violent behaviour as adults, new research suggests.



British experts studied more than 17,000 children born in 1970 for about four decades. Of the children who ate candies or chocolates daily at age 10, 69 per cent were later arrested for a violent offence by the age of 34. Of those who didn't have any violent clashes, 42 per cent ate sweets daily.

The study was published in the October issue of the British Journal of Psychiatry. It was paid for by Britain's Economic and Social Research Council.

The researchers said the results were interesting, but more studies were needed to confirm the link. "It's not that the sweets themselves are bad, it's more about interpreting how kids make decisions," said Simon Moore of the University of Cardiff, one of the paper's authors.

Moore said parents who consistently bribe their children into good behaviour with candies and chocolates could be doing harm. That might prevent kids from learning how to defer gratification, leading to impulsive behaviour and violence. THE ASSOCIATED PRESS

Views

Polanski and polygamy: What the news tells us

FourthWave

What an instructive week in the news — two things are clear from reading the papers: If you're a Hollywood célébre who raped a child 30 years ago, all is forgiven; and if you wed 25 women and say your religion commands it, no lawyer or judge in Canada will touch you.

As Hollywoodites rush to defend director Roman Polanski, who is facing extradition to the U.S. over a 1977 rape of a 13-year-old girl, some egregious examples of how our society views rape have come to the surface. Polanski's sister-in-law Debra Tate called it a "consensual matter," while Tom O'Neill — who has much to gain from the debacle as senior editor of In Touch Weekly — said, "It's mind-boggling why they're still pursuing this ... The prosecutors in Los Angeles won't let go these many years later."

Oh, those dogged lawyers. Never mind that celebrities seem to be treated with a separate law book, or that Polanski pleaded guilty in the first place. The statute of limitations does not run out on punishing someone for forcing a child to have sex, and though Polanski may have settled with his victim Samantha Gailey in a lawsuit, he has not paid his dues to society.

Closer to home, B.C. courts threw out polygamy charges against fundamentalist Mormon leaders Winston Blackmore and James Oler on grounds that former B.C. attorney general Wally Oppal had no jurisdiction to "shop around" for a prosecutor willing to take on the case.

From women who have left these "plural" marriages, we've learned about child brides married to men three times their age, women denied education and careers and threatened with death for wanting out. Others are trafficked across the U.S.-Canada border into marriages — according to an RCMP affidavit, seven of Blackmore's alleged 25 wives are American. In short, women in polygamist communities are denied the freedom, equality and choice that ordinary women are afforded, which is why they must be protected.

This is how a misogynistic culture is fostered — when it's condoned by society and squeezed through legal loopholes. No amount of brilliance exonerates a man for raping a child, nor can religion or faulty justice morally excuse men for taking advantage of vulnerable women.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

We Know What You're Thinking

38% The number of Canadians who say it is the woman who is the ruler of the household, not the man.

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Payroll employment up in July: StatsCan
Total non-farm payroll employment rose by 74,300 in July, up 0.5 per cent from June, Statistics Canada reports. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Economy stalls in July

The Canadian economic recovery ran into a wall in July, stunning expectations and creating new doubts about just how long it will take for production and jobs to re-bound to pre-recession levels.

Following a 0.1 per cent increase in economic growth in June that signalled the end of the recession, economists had been expecting a strong rebound in July of anywhere from 0.5 to 0.7 per cent.

And many of the early indicators were pointing in that direction, particularly the outsized 5.5 per cent pop in manufacturing sales the agency has previously reported.

Instead, the economy delivered a goose egg — zero growth.

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"Okay, this is a shocker. We're not talking about a shot across the bow of the optimists, this is more like a torpedo through the hull," said economist Douglas Porter of BMO Capital Markets.

And it will send economists and policy-makers scurrying back to the drawing board, Porter added, trying to figure out not only what went wrong with their computer projections, but also what the economy will do going forward.

One scenario now clearly in play is that Canada will undergo a period of very slow growth, what analysts refer to as an L-shaped recovery.

"The figures provide a sobering reminder that the technical end of a recession may not imply a rapid recovery," said labour economist Erin Weir of the United Steelworkers union, and that is bad news for workers.

"Whatever path output takes, the labour market will be even slower to recover," because businesses will resort to ramping up work hours of existing employees and taking advantage of productivity gains before resorting to rehiring.

THE CANADIAN PRESS

TransCanada to spend $1.2B on power plant in Ontario

TransCanada Corp. has won a contract to build a $1.2-billion natural gas-fired power plant west of Toronto, as the Calgary-based company continues to add to its presence in Ontario's power market.

The Ontario Power Authority awarded TransCanada a 20-year contract to build, own and operate the 900-megawatt plant in Oakville, Ont. It is scheduled to start producing power by the end of 2013, the Calgary company announced Wednesday.

"We look forward to providing additional electricity supply and reliability within this key North American market," Hal Kvisle, TransCanada's chief executive officer, said in a statement.

"The Oakville generating station is a strong fit with our strategy of developing large scale energy infrastructure projects that will produce stable, long-term returns for our shareholders."

TransCanada estimates that construction of the Oakville power plant will create 600 jobs over about 28 months. The plant itself will create about 25 permanent jobs.

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Rangers add Semenov

Free agent defenceman Alexei Semenov has agreed to terms with the New York Rangers. Semenov and the Rangers reached a deal yesterday, just two days before they open the NHL regular season at Stanley Cup champion Pittsburgh. The 28-year-old had a goal and eight points in 47 games last season with San Jose. THE ASSOCIATED PRESS

NHL Preview

Odds-on faves

According to the Associated Press, the Pittsburgh Penguins, at odds of 5-1, are favoured to repeat as Stanley Cup champions. The Atlanta Thrashers and New York Islanders are tied at 125-1 for the worst odds. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Edmonton Oilers

LAST SEASON 38-35-9, 85 points (11th in East, missed playoffs).
KEY ADDITIONS G Nikolai Khabibulin, F Mike Comrie.
SIGNIFICANT LOSSES G Dwayne Roloson, F Ales Kotalik, F Kyle Brodziak.
STARS F Shawn Horcoff, F Ales Hemsky, D Sheldon Souray, D Lubomir Visnovsky.
THE BUZZ With only some minor off-season tinkering, the Oilers will look to new head coach Pat Quinn to get more out of the personnel in place. If Khabibulin is on his game and Hemsky emerges, the playoffs are possible.

Vancouver Canucks

LAST SEASON 45-27-10, 100 points (third in East, lost in second round of playoffs).
KEY ADDITIONS F Mikael Samuelsson, D Mathieu Schneider.
SIGNIFICANT LOSSES F Mats Sundin
STARS G Roberto Luongo, F Daniel Sedin, F Henrik Sedin, F Ryan Kesler, D Kevin Bieksa.
THE BUZZ The Canucks made their biggest off-season moves by re-signing the Sedins and Luongo, retaining the core of a 100-point team. Additions of Samuelsson and Schneider could help the Canucks take another step forward.

Montreal Canadiens

LAST SEASON 41-30-11, 93 points (eighth in East, lost in first round of playoffs).
KEY ADDITIONS F Scott Gomez, F Mike Cammalleri, F Brian Gionta, D Jaroslav Spacek.
SIGNIFICANT LOSSES F Saku Koivu, F Alexei Kovalev, F Alex Tanguay, F Robert Lang, D Mathieu Schneider.
STARS D Andrei Markov, G Carey Price.
THE BUZZ Fairly or unfairly, Price is under the microscope, while the personnel in front of him has undergone more changes than any team in the NHL. The production of Gomez, Cammalleri and Gionta will be key.

Toronto Maple Leafs

LAST SEASON 34-35-13, 81 points (12th in East, missed playoffs).
KEY ADDITIONS F Phil Kessel, D Mike Komisarek, D Francois Beauchemin.
SIGNIFICANT LOSSES D Pavel Kubina.
STARS F Jason Blake, D Luke Schenn, G Vesa Toskala.
THE BUZZ This is a tougher, much stronger defensive team than last year's, and Kessel gives them much-needed scoring punch. The Maple Leafs look poised to improve on last season and — if nothing else — won't be easy to play against.

Ottawa Senators

LAST SEASON 36-35-11, 83 points (11th in East, missed playoffs).
KEY ADDITIONS F Alexei Kovalev, F Jonathan Cheechoo, F Milan Michalek.
SIGNIFICANT LOSSES F Dany Heatley, F Mike Comrie.
STARS F Jason Spezza, F Daniel Alfredsson, D Filip Kuba, G Pascal Leclaire.
THE BUZZ Offence shouldn't be a problem, so Leclaire's ability to rebound from ankle surgery will partly determine the Senators' success. Cory Clouston is under the gun to perform after his much-publicized fallout with Heatley.

MATTHEW WUEST/METRO CANADA

Flames get first test

Club opens season tonight looking to leave past behind

In their quest to make amends for last year's disappointing first-round playoff exit, the Calgary Flames face the perfect opening test.

The Flames look to avenge back-to-back losses to Vancouver to open last season as they host the Canucks in this year's season opener tonight.

Calgary was drubbed 6-0 in Vancouver in the 2008-09 kickoff, then followed that up with a 5-4 overtime setback in Calgary. Flames defenceman Jay Bouwmeester wasn't around for those games, but he said he's still primed to help his new team avenge those losses.

"I think it's a good way to start the year," said Bouwmeester, who signed a $33-million US, five-year contract with the Flames before he became an unrestricted free agent on July 1. "You kind of see where you're at and hopefully get off to a good start and keep things rolling. You know they're going to be a good team and a team that you have to beat if you want to finish first."

New Calgary coach Brent Sutter isn't dwelling on last year's two-game sweep — or the rest of the disappointing season.

"Last year is last year," Sutter said following practice. "This is a whole new fresh start."

The players have bought in to Sutter's defensive-minded approach and have done their best to learn his system heading into tonight.

"There's high expectations on everybody," said Sutter.

If yesterday's practice is any indication, Calgary's top line will feature Olli Jokinen at centre flanked on the wings by David Moss and captain Jarome Iginla.

"Every day we kind of feel a little more comfortable with each other and we're looking forward to starting it up," said Iginla. "Our team is still getting better.

"We have added some huge pieces. We've got good team speed. We have one of the best goalies in the world, we have one of the top defensive corps in the world. That should be a huge strength of our team."

Acquired from the Phoenix Coyotes at last season's trade deadline, Jokinen hopes a strong start against Vancouver will help ease the frustration of last season.

"Usually after the first game, you can put the last season behind," Jokinen said. THE CANADIAN PRESS

JOHN ULAN/THE CANADIAN PRESS

Calgary's Jarome Iginla will be counted on heavily to lead the Flames offence this season. For tonight's opener against Vancouver, Iginla could be skating with centre Olli Jokinen and winger David Moss on Calgary's top line.

Experts call for Blackhawks-Bruins Cup battle

PREDICTIONS How about a Stanley Cup parade down Robson Street? Or maybe a championship celebration on the Red Mile?

The Canadian Press' hockey writers have pulled out a crystal ball to make some predictions about the upcoming NHL season and see Vancouver and Calgary as the teams most likely to end the country's 16-year Stanley Cup drought.

Roberto Luongo continues to be the cornerstone of the Canucks and has a revamped blue-line working in front of him. In Calgary, the arrival of defenceman Jay Bouwmeester should provide a major boost to a 98-point team from a year ago.

Ultimately, though, we think the champion will again come from an American city and it should be one heck of a final between two resurgent hockey markets in Boston and Chicago.

Can you imagine the excitement surrounding an Original Six matchup?

We see a Bruins team that has skill and depth at every position coming out on top of that one. That means hulking Bruins captain Zdeno Chara will lift the Stanley Cup after first helping his team win the Presidents' Trophy with the best record in the regular season.

THE CANADIAN PRESS

Rio bid team cry foul
The Rio 2016 Olympics bid team has formally complained to the International Olympic Committee after a report that an official from the rival Madrid bid criticized the Brazilian city. Spanish Olympic Committee vice-president Jose Maria Odriozola reportedly called Rio "the worst bid" of the four candidates. THE ASSOCIATED PRESS

Sports

Ward gets $37.8M deal

The Carolina Hurricanes have locked up goaltender Cam Ward for six more years. The Hurricanes signed Ward to a $37.8-million US contract yesterday. The deal begins next season and runs through 2015-16. The new deal will pay the fifth-year goalie an average of $6.3 million per year. He will earn $3.5 million this season under the terms of his current three-year deal signed in 2007, which expires after this season. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Bids shot down

Ruling may end Balsillie's hunt for Coyotes

Jim Balsillie might finally be giving up on his dream to own an NHL team.

The Canadian billionaire's dogged pursuit of the Phoenix Coyotes appeared to end yesterday with a ruling in U.S. bankruptcy court.

Even though judge Redfield T. Baum rejected bids from both the BlackBerry boss and the NHL, he suggested the league's offer could still be amended and essentially closed the door on Balsillie.

That brought an end to a five-month process that saw the Canadian billionaire spend an untold amount of money on legal fees and an aggressive public relations campaign. He launched a website, took out advertising and even brought on sponsors in support of his bid to move the Coyotes north from the desert.

None of it was enough to sway the court.

"All I wanted was a fair chance to bring a seventh NHL team to Canada ... (and) I believe I got that chance," Balsillie said in a statement. "I respect the court's decision, and I will not be putting forward an appeal."

Yesterday's court ruling does not close the book on the Coyotes' ownership limbo.

But in the end, the NHL got what it wanted all along — the ability to control the sale process for the money-losing franchise. And the ruling will probably set the scene for the league to fix its bid and then find a new ownership group to keep the franchise in Phoenix — at least for the time being.

Baum's primary concern with the league's current $140-million US bid is that it attempts to pick which unsecured creditors will be paid in full, excluding former owner Jerry Moyes and former coach Wayne Gretzky from drawing their total claims. THE CANADIAN PRESS

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Sports in brief

NBA The NBA is instituting a policy regarding Twitter and other social media sites, banning players from using them during games, including during halftime. The league did not specify penalties for violation of the rules. THE ASSOCIATED PRESS

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Copeland top offensive player
Calgary receiver Jeremaine Copeland is the CFL's offensive player of the month after helping the Stampeders to a 3-1 record in September. THE CANADIAN PRESS

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Sundin ends career

Leads all Swedish NHL players with 564 goals

Former Toronto Maple Leafs captain Mats Sundin is retiring from hockey after nearly two decades in the NHL.

"It was a tough decision," Sundin told reporters yesterday at a news conference at Stockholm's Grand Hotel. "It's sad to tell you today that my career as a pro hockey player is over."

The 38-year-old Swede, who said he reached the decision this fall, played for the Vancouver Canucks last season after spending most of his NHL career with the Toronto Maple Leafs.

He spent 13 seasons with Toronto, becoming the longest-serving European captain in NHL history, and he gave special thanks to the Maple Leafs organization.

"Toronto is and will always be my second home," Sundin said.

One of Sweden's key players in the 2006 Turin Olympics, where Sweden beat Finland in the final, he recently ruled out playing for his home country in next year's Winter Olympics in Vancouver.

Sundin singled out winning Olympic gold along with playing in the NHL playoffs as the highlights of his career.

"It was a special experience," Sundin said. "The NHL? All playoff games and reaching the semifinals twice."

Sundin, an eight-time NHL all-star, is first among Swedish players with 564 goals, 785 assists and 1,349 points.

In 1989, Sundin became the first European to be the top pick in the NHL draft, but despite a long and stellar career he never won a Stanley Cup.

"It would have been fun, but I've experienced so much," he said.

THE CANADIAN PRESS

JACQUES BOISSINOT/THE CANADIAN PRESS

Mats Sundin tries on a Quebec Nordiques cap after being picked first overall in the NHL entry draft on June 17, 1989.

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Getting to know your new home

After house-hunting, negotiating a price and working out details of his move, Patrick O'Leary was ready to tackle the real work: Understanding and operating the various mechanical systems in his big new home.

He was relieved when the former owner offered to meet him at the East Greenwich, R.I., house to go over its theatre equipment, sprinkler system and pool. The seller left O'Leary a list of companies and contractors who have worked on the home in recent years.

"They put all the bells and whistles in this house. It would have been difficult to just walk in and understand everything," he said.

You love your new home, but how well do you know it?

No law obligates sellers to help buyers learn the idiosyncrasies of a house, but some go to great lengths to help the new owners settle in. Buyers should ask about everything from the day-to-day operations of the house to landscaping details to the names of neighbourhood baby sitters, said real estate agent Ron Phipps.

"There's so much data you can collect," said Phipps, who sells real estate in Warwick, R.I., and is first vice-president of the Chicago-based National Association of Realtors.

"It's unfortunate if a buyer doesn't have access to a seller to explain things," he said.

Real estate agent Gregg Whitney has found it easier to provide buyers with information about contractors and home professionals himself than to rely on sellers.But nothing can replace seller insights, he added. "Invariably, every house has a little something," he said.

That's why it never hurts to ask sellers for information, said Donna Batdorff, a real estate agent. She encourages buyers to put together a list of questions after the deal has been negotiated. She suggests asking everything from the names of paint colours to the names and details of immediate neighbours.

THE ASSOCIATED PRESS

Questions to ask previous owners

- Are any appliances under warranty?
- What are the names and phone numbers of immediate neighbours?
- What day is trash pickup?
- What do I do with recyclables?
- Can you recommend a dry cleaner, mechanic, etc.?
- What companies did you use for lawn care, snow removal?
- Is there an electrician, plumber or technician familiar with the systems in the house?
- What are the names of the paint colours used in the house?

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Robert Kiyosaki will not attend this workshop.

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As sure as summer follows spring, winter will follow the fall.

And when you live in a northern climate, you come to understand in a very fundamental way that you must prepare for the coming season.

Around the house, that means you must batten down the hatches. There will be cold, and there will be wetness, whether it is rain, slush or snow, and all these things can damage property and must be kept out of your house.

Ice, blowing winds and frigid temperatures have a way of making outdoor work nasty, so why not do the work now, while the conditions are still relatively pleasant?

To heat your house efficiently and keep the heat inside and the cold outside, here are some pointers that will help you keep snug:

- Clean and service your furnace and have your heating system checked out by a qualified HVAC professional.
- If you remember from last year that your home is cold in certain locations, use spray-in insulation foam to close any gaps between the floor and wall, for instance, or underneath windows.
- Check outside as well. If you have bricks that need repointing, or gaps between brick and the roof, for instance, now is a good time to repair cracked or missing mortar between bricks or to seal any gaps. At the same time, check any exhaust vents or any other "holes" in your wall and caulk around them if needed.
- Like a good hat on your head, extra insulation in the attic can do wonders to keep rising heat within the confines of your home.

At the same time, you must ensure good ventilation so that air quality is not compromised.

- Inspect all exhaust venting, whether it be from a stove, a furnace, a dryer, a bathroom or a tankless water heater. Remove any obstruction, such as bird or wasp nests or debris, which can block a vent and force exhaust gases back into your home. If you have a fireplace, check the chimney to make sure it's clear.

Moisture and wetness in your home is a problem year-round, but in winter, the potential for damage increases, especially if it involves water.

- Before freezing temperatures hit, turn off outside water, and remove and store your garden hose indoors.
- Clean your eavestroughs so water will not freeze in the troughs or overflow and cause possible leakage through the foundations.
- Make sure the ground around the foundations slopes away from your house. If you have a driveway or walkway, ensure the gap beside the house and any cracks are sealed.
- Check your roof for any damaged shingles that may leak over the winter.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A fashion innovator

Chanel popularized much of what we still wear

SOFI PAPAMARKO
For Metro Canada

Coco Chanel is back in fashion... although she never really fell out of it.

With the release of Audrey Tautou's Chanel biopic Coco Avant Chanel, the creations of the fascinating and highly controversial 20th century fashion designer are being celebrated anew.

Here are just a few Coco Chanel innovations that have withstood the test of time:

Designer Perfume

Coco Chanel believed that a woman should smell like a woman, not like a flower: "I want to give the world something artificial…like a dress. Something that has been made…I want a perfume that is a composition." Chanel's iconic fragrance debuted in 1921, making it the first-ever designer perfume. Scent-pushers Calvin Klein, Tommy Hilfiger, Jean-Paul Gaultier and Marc Jacobs all have Mademoiselle Chanel to thank.

The Little Black Dress

Chanel popularized this wardrobe staple during the 1920s. No matter what the occasion, if you throw on a little black dress and a string of pearls, you'll look chic and sophisticated. This was true 50 years ago and it is likely that it will still be true 50 years from now. The LBD is flattering, elegant and timeless.

Coco Avant Chanel opens in theatres this month

Comfort and Luxury

"Luxury must be comfortable, otherwise it is not luxury." Before Chanel arrived on the scene, women suffered terribly in the name of fashion. Corsets, padding and hobble skirts were de rigeur. "Other designers would make outfits or costumes. Things that didn't necessarily relate to every day," says Toronto, Ont., designer Trish Ewanika (ewanika.ca), whose designs have a similar understated elegance to Chanel's. "(She) would design clothing that a woman could wear day or night. Not a riding outfit or a dress to wear to the opera. Just a nice dress. She was more functional."

Chanel also utilized fabrics previously scoffed at by designers, such as soft and comfortable jersey. "The House of Chanel has remained very true to Coco Chanel's original feel," says Comrags co-founder Joyce Gunhouse.

A Healthy Glow

While Coco Chanel didn't technically "invent" the suntan, she inadvertently made bronzed skin into a fashion accessory.

Pallor was considered the very height of beauty until a very tanned Chanel stepped off the Duke of Westminster's yacht after a holiday. From then on, tanned skin became synonymous with a life of leisure, as opposed to a life of toiling in fields. We probably wouldn't have bronzer (yay!) or tanning beds (don't do it!) were it not for Chanel.

Legendary 20th-century French designer Coco Chanel is responsible for many of the designs we still consider "classics" today. (Audrey Tautou portrays Chanel in this photo from the film Coco Avant Chanel).

Style in brief

BOOK Get a modern look at the life of one fashion's most influential icons in The Gospel According to Coco Chanel: Life Lessons from the World's Most Elegant Woman by Karen Karbo ($24.95). The book delves into Chanel's fascinating life story while exploring the French designer's philosophy on a range of themes — from style and passion to money and success. Available at Indigo and Chapters stores across Canada.

METRO NEWS SERVICE

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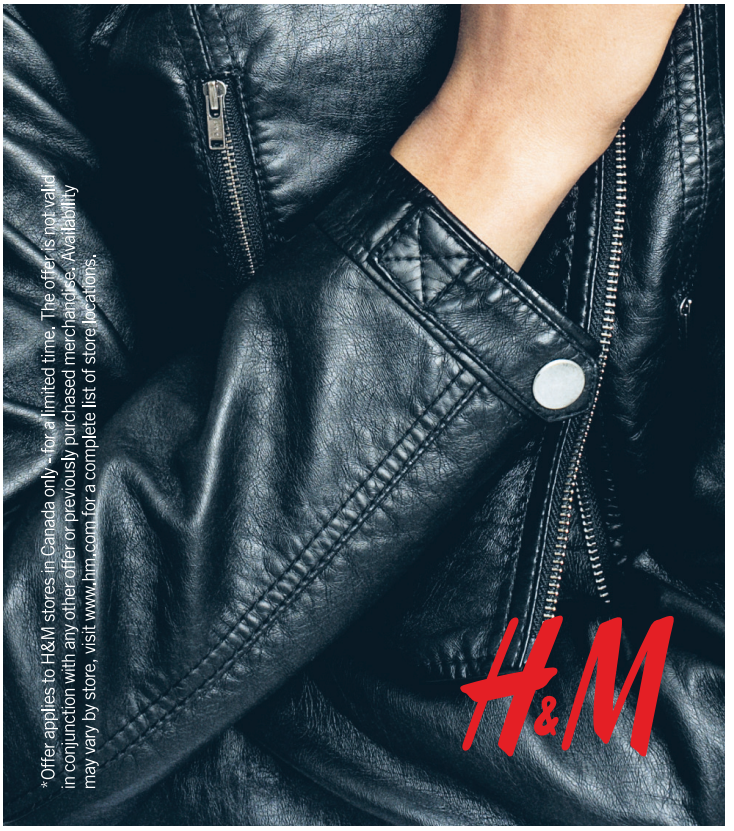


Armani's upbeat collection
Giorgio Armani presented a bright and upbeat spring/summer 2010 collection at Milan Fashion Week. The collection featured lots of loose-fitting and comfortable pieces paired with more structured looks. THE ASSOCIATED PRESS

PHOTOS BY LUCA BRUNO/THE ASSOCIATED PRESS

DOLCE& GABBANA

Designers like it hot in Milan

Boudoir styles, once a trademark of Italian fashion, are back for spring/summer 2010.

But rather than the sex-pot numbers that brought out the best in designers such as Dolce&Gabbana and Gianni Versace, this time around the look is demure and yesteryear.

Corset tops worn over a jeans bubble skirt, panties peeping out of a pair of short shorts and bra tops veiled in silk chiffon all combine to create a romantic rather than raunchy mood.

There is also an enticing lightness and unfinished touch to these collections, with profuse use of chiffon and gauze and shredded fabric.

Fendi

There is a feel of yesteryear at Fendi, as if someone had opened Grandma's trousseau trunk and wrapped each item in light gauze for protection.

Everything from the old-fashioned bras and panties to bubble skirts, shorts and even the high-heeled shoes is covered in a thin veil, lending an ethereal effect to the new spring/summer collection designed by Karl Lagerfeld.

Dolce & Gabbana

In this season of lingerie looks, no one could feel more at home than Dolce&Gabbana, who first turned inner wear into outerwear on the Milan runway some 30 years ago.

For spring/summer 2010, the designing duo run the gamut from corsets to culottes in fetching lace, crochet and floral printed silk.

The transparent effect of lace is used on jackets, dresses, skirts and even shoes and bags.

Marni

Marni makes dressing up look easy.

From the layered styles held together by a striped knitted belt with matching striped leggings to the upbeat flowers, checks and polka dots of the prints, Marni's latest collection is all about a laid-back summer 2010.

THE ASSOCIATED PRESS

MARNI

Many collections had a feeling of yesteryear at Milan Fashion Week

H&M to partner with Rykiel

COLLECTION H&M has its sights set on both barely-there fashions and more cosy creations with its upcoming guest collections from Sonia Rykiel.

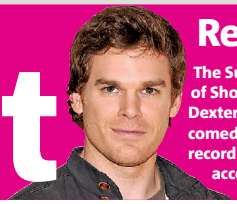
The fashion company founded in Sweden is teaming up with the French fashion house for its winter and spring collections. The partnership marks the first time H&M has extended its designer collaboration to the world of lingerie and related accessories for women.

The collection will be launched in 1,500 stores on Dec. 5. THE CANADIAN PRESS

A look from Sonia Rykiel's autumn/winter 2009 collection.

Kardashian-Odom wedding hitting TV
Khloe Kardashian and Lamar Odom's recent nuptials will air in November as a special hour of the family's reality show. It will be called Keeping Up with the Kardashians: The Wedding. METRO NEWS SERVICES

Entertainment



Record numbers
The Sunday-night season premieres of Showtime's serial-killer thriller Dexter (actor Michael C. Hall) and comedy Californication achieved record highs for both series, according to a Showtime. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Memoirs of a pop superstar

UNIVERSAL MUSIC PHOTO

Memoirs of an Imperfect Angel is the twelfth studio album from pop superstar Mariah Carey.

MusicReviews

music@metronews.ca

Mariah Carey

Album: Memoirs of an Imperfect Angel
Label: Island/Universal
Rating: ●●●

MARIAH CAREY'S LATEST is so predictable that if you've heard her last two albums, you can imagine how it sounds. Produced almost entirely by Tricky Stewart and The-Dream, Memoirs is a glossy composition rife with Mariah's standard thematic touchstones and lyrical reference points. The singer overcomes relationship drama on It's A Wrap, makes some romantic reflections on I Want To Know What Love Is, and indulges in her usual saccharine R&B fluff on Candy Bling. The album is too heavy on the slow jams, and nothing matches the catty charm of her Eminem-baiting lead single, Obsessed.

Jason Richards/for Metro Canada

Alice In Chains

Album: Black Gives Way to Blue
Label: Virgin/EMI
Rating: ●●●

IT'S HARD TO believe that Alice in Chains could exist without Layne Staley, who died in 2002, but here they are. Somehow, the seminal Seattle grunge band sounds almost exactly like they did 14 years ago, the last time they released a record. Longtime Jerry Cantrell collaborator William DuVall has replaced Staley, but he's able to approximate the former lead singer's voice so well, it's hard to tell anything has changed. Sludgy guitars, think harmonies and the same infectious sounds permeate the disc. It won't get you jonesing for flannel, but it's still a good trip back in time.

Bryan Borzykowski/for Metro Canada

Lights

Album: The Listening
Label: Universal
Rating: ●●●

WHEN THEY ANNOUNCED the winner of the new artist of the year award at the Junos in Calgary, the response was a collective "Who?" Which is as it should be in that category, but even insiders had trouble trying to place the 22-year-old Timmins native known as Lights (real name Valerie Poxleitner). And they can be forgiven. Lights, after all, hadn't even released a full album (it does help to have Q's Jian Ghomeshi as your manager). Now that it's here, The Listening offers few surprises. At least four of the 13 tracts, including singles Saviour and Drive My Soul are already familiar to avid listeners of pop waifery. Lights has the benefit of a great production team led by Tawgs Salter. There's also an undeniable song-writing talent here that Lights' backers are hoping will appeal to electro-pop teens in the same way that Taylor Swift's music has captured the 4-H set.

Graham Rockingham/for Metro Canada

Jann Arden

Album: Free
Label: Universal
Rating: ●●●½

NOBODY CAN DELIVER a punch line quite like Jann Arden. You don't have to go looking for it in her songs. They just creep up and bite you on the butt. Just like in the title track of the Alberta songwriter's new CD, Free. Just as you're about to get all mopey for some woman who's getting screwed around big time, the kicker comes — "I'm feeling better now that your stuff's out in the yard." That's what you call 'craft.' Arden's music always tugs at our emotions, but rarely allows us to get overly mired in misery. These are songs for a bi-polar world, for people willing to drive helter skelter into life, but, hopefully, still able to hit the brakes before the bumper hits the brick wall. Not everyone's going to like them. Arden fans will, though.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

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COLUMBIA PICTURES

A pain in the gut

Tori & Dean star Tori Spelling was taken to the hospital twice in two days this week with severe abdominal pain, according to a People report and various Tweets from both Spelling and her husband Dean McDermott. EW.COM

Entertainment in brief

CELEB JUSTICE Debra Tate, the sister of Roman Polanski's murdered second wife, actress Sharon Tate, says Polanski is brilliant and a "good guy" and she doesn't think he can get a fair trial in the U.S.

TELEVISION When ABC's All My Children moves from Manhattan to a new home in Los Angeles, Susan Lucci won't stay behind. The leading lady says she's decided to keep playing Erica Kane, just as she has since All My Children premiered in 1970. THE ASSOCIATED PRESS

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- **MS Excel (Foundation)**
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'Paris was magnificent'

Joel Charlebois, who won Metro's Global Photo Challenge 2008, talks about his prize — a trip to Paris

ROMINA McGUINNESS
Metro World News

How was the trip to Paris, was it fruitful in terms of your photography?

Paris was magnificent, through and through. The winding streets, the little shops, café culture and fashionable people galore; it was a marvellous experience. And the Eiffel Tower, I never expected to be so moved by the sight of it. One week in Paris allowed me to see Paris, the celebrity.

How has the competition changed your life?

While I hope to never be in the same place as I was the day before, this competition brought me many great places: Paris, of course, but also Barcelona and Valencia on the same trip; a gala event at the CN Tower in Toronto; midnight guerrilla poster campaigns.

I'm so grateful for the opportunities the Metro Photo Challenge has offered me, challenging me to believe in myself and to reach just a little bit higher. It has been a very fulfilling experience. The question now is, what next?

Do you think you will actively pursue your photography or keep it as a passion?

Actually, I have been making a greater effort to moonlight in photography, and work has also found its way to me. One of my photos is now illustrating the cover of a hardcover novel — The Way Home by George Pelecanos.

Incredibly, that photo was taken on the same foggy night as Midnight Tram to Humber, no more than 30 minutes later.

Photo challenge

Joel Charlebois was the second winner of Metro Photo Challenge, with this photo, Midnight Tram to Humber. Now the competition starts again.

The competition
Enter your photos on the themes People, Places and Climate Change.

The prizes
Win one of three trips for two to any city where Metro is published. Global winners' photos will be published in Metros in 100 cities.

The dates
Metro Global Photo Challenge 2009 starts Sept. 28 and is open until Oct. 20.

The website
metrophotochallenge.com

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/1/09 primetime	267	351 - ACCESS	Alberta Primetime (Live)		(8:01) Private Practice		FlashForward (HDTV) (N)		Fringe "Fracture" (N)		Primetime
	243	317 3 CFCN	The Vampire Diaries (N)		(8:01) The Mentalist		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		CTV News
	-	- 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	FlashForward (HDTV) (N)		Grey's Anatomy (N)		Practice
	245	306 6 CBRT	NHL Hockey	National	NHL Hockey Vancouver Canucks at Calgary Flames. (HDTV) (Live)						National
	244	338 7 CICT	ET Canada	Entertainment	90210 "The Porn King"		Survivor: Samoa (N)		The Office (N)	SNL Update	News Hour
	246	- 8 CKAL	Law & Order: SVU		The Jay Leno Show (N)		30 Rock	Parks-Recreat	30 Rock	Community (N)	Your City
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	-	374 14 KSPS	NewsHour With Jim Lehrer		Educating Spokane		The National Parks: America's Best Idea (N) (DVS)				National Parks
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	-	370 16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	SNL Update	Parks-Recreat	The Office (N)	Community (N)	Jay Leno Show
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		Fringe "Fracture" (N)		News
	297	652 37 WPIX	Supernatural "The End"		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500	500 29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	2009 World Series of Poker		SportsCentre (HDTV) (Live)			Boxing Juan Diaz vs. Paulie Malignaggi. (HDTV)			
	408	418 27 net	Best Damn Top 50 Special		Over the Bolts	Week-Baseball	Hockey Central	World Sport	Sportsnet Connected		MMA Conn
	410	403 30 SCORE	(5:30) College Football Colorado at West Virginia. (Live)				Score Now		Score Now		Score Now
	411	457 44 OLN	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406 48 SPEED	Jacked!	Jacked!	Wrecked	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		F1 Racing
family	552	543 20 YTV	iCarly	iCarly	Drake & Josh	Family Biz (N)	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Stoked (N)	Total Drama	Majority Rules	6TEEN (N)	Futurama	King of the Hill	*Blade*
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	553	546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
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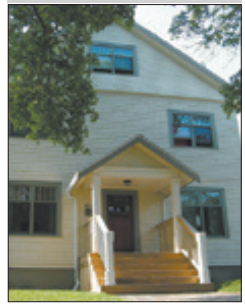
	602	568 23 W	House	Style by Jury	Old Christine	Friends	Friends	Grocery Bag	Confidential	Confidential	Divine Design
	521	560 24 TLC	Police Women of Broward		LA Ink (HDTV) (N)		Police Women of Broward		LA Ink (HDTV)		LA Ink
	603	561 25 FOOD	Perfection	Perfection	Ace of Cakes	Ace of Cakes	Family	Family	Unwrapped	Unwrapped	Perfection
	615	520 26 A&E	The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 "Hunted"		The First 48 (HDTV)		The First 48
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Da Vinci's City Hall		The Best Years (DVS)		Saving Grace
	601	562 33 SLICE	X-Weighted		X-Weighted "Jocelyn"		ET Canada	What Happen?	Biggest Loser Australia		Beauty, Geek
	-	633 34 ENC2	Danish Poet	(7:20) *Believe* ★★ (2000, Horror)			*House on Haunted Hill* ★★ (1958, Horror)			*House on Haunted Hill (1999)*	
	520	505 35 DISC	Dino Lab II		MythBusters		Daily Planet		Dinosaurs Return to Life		Dino Lab II
	620	523 36 BRAVO	*Whale Music* ★★ (1994, Romance) Maury Chaykin.				Law & Order		Without a Trace		*Tao of Steve*
	294	650 40 WPCH	Law & Order: SVU		*Shattered* (2007, Suspense) Pierce Brosnan, Maria Bello.				The Office	*Shattered* (2007)	
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box
	-	539 42 TCM	(6) *Bound for Glory* (1976, Biography)			(8:45) *Our Daily Bread* (1934, Drama)			(10:15) *Heroes for Sale* (1933, Drama)		
	628	584 43 SPIKE	TNA Wrestling (HDTV) (N)				Ultimate Spike	MANswers	MANswers	GTTV Presents	Stripperella
	522	516 45 HIST	Underworld Histories		Ice Road Truckers		Ancient Discoveries		Underworld Histories		After People
	627	528 46 SPACE	Primeval		Eureka (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	(6) *Analyze This* (1999, Comedy)			*The Whole Nine Yards* ★★ (2000, Comedy) Bruce Willis.				*History of the World: Part I*	
	619	525 49 TROP	Bob & Doug	Bob & Doug	Seinfeld	Seinfeld	The Outer Limits		ET Canada	TV Made, Do It	Family Guy
	600	564 50 HGTV	Family Reno	Disaster DIY	House Hunters	House Hunters	Holmes Inspection		Family Reno	Disaster DIY	Holmes-Homes
	501	391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92 VIVA	The Closer "Homewrecker"			Passion	Psychic Inv.	Encounters	Judging Amy		Missing
	269	350 93 APTN	Wapos Bay	By the Rapids	Rez Rides	Moose TV	*The World's Fastest Indian* ★★ (2005, Biography) Anthony Hopkins.				
	-	- 94 MCP	World News	News	Banquet	Boys Over Flo	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections
	571	581 100 MMM	Wild 'n Out	Wild 'n Out	Pink Floyd: Dark Side		The Daily Fix		Wild 'n Out	Wild 'n Out	Pink Floyd
	570	580 101 MM	Dance	My Date With...	Love Court	Instant Star	One Tree Hill		You Can Dance		Dance
	581	566 102 MTV	Fantasy Fact.	Beatdown	Nitro Circus (N)	Pranked	MTV Live	After	Fantasy Fact.	Beatdown	Nitro Circus
	-	- 116 TV5	Envoyé spécial			Cité guide	TV5 Le Journal	Vous aurez le dernier mot			Avenirs

critics'corner

Family Renovation
Some of us don't even like having kids underfoot when we're making sandwiches. Imagine trying to do a huge home renovation project — we're talking building three new floors — with five children around. This new series follows Marie-France LeBlanc, her husband and five kids — all under 10 years old — through their home's massive makeover, during which, at her insistence, they all continue to live in the house. 7 PM on HGTV



Private Practice
The sudsy Southern California saga of Dr. Addison Montgomery (Kate Walsh) continues in a second season that opens with Naomi (Audra McDonald) apparently poised to leave the practice and Sam (Taye Diggs) determined to win her back. Cooper (Paul Adelstein), meanwhile, may finally be free to take things to a new level with Violet (Amy Brenneman), as long as Pete (Tim Daly) doesn't strong-arm him out of the way. Chris Lowell also stars in "A Death in the Family." 8:01 PM on ACCESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Enjoy whiskey?
The Kensington Wine Market is holding an intensive five-week whisky appreciation course ($450) starting Wednesday, Oct. 14. Limited to 16 participants. Call 403-283-8000. METRO NEWS SERVICES

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Karma sizzles with spicy dishes

ANDREE LAU
calgaryurbanfoodie@gmail.com

Karma
309-4600-130th Ave. S.E., Calgary
403- 257-4977
karmacalgary.com

Signature Dish: Hariali spicy chicken tikka
Signature Drink: Spicy mango lassi
Rating: ●●●●
Dinner & drinks for 2: $50

Unless you live there already, the trip to Karma in the deep south is almost as long as the journey Chinese workers took to work at the Calcutta port in the late 18th century.

OK, I kid. But the Chinese presence in India gave rise to some unique dishes known as Hakka — which confusingly has nothing to do with regional Chinese Hakka cuisine.

Karma has a lengthy menu of much-loved Indian dishes such as butter chicken, but it's also a good place to expand your horizons.

On the web

- Get recipes and more great food content at metronews.ca/food

The Hakka-style chili chicken ($15.95) is an intriguing blend of Indian spices and sweet and sour sauce.

Unfortunately, we were not told the chili paneer ($11.95), marinated with garlic and ginger, was pretty much covered in the same sauce, so we doubled up a bit.

Some restaurants tone down its spiciest dishes for North American palates but Karma truthfully declares its vindaloo ($13.95) as "very, very hot." Potent chili seeds stared evilly back at us.

In contrast, the bhindi doplaza ($9.95) is a lovely mild okra dish.

The hariali ($13.95), or green baked chicken, had a great kick. Marinated in fresh mint and coriander, the tikka is then baked in the clay oven and served on a sizzling plate.

Karma's chilli chicken shows influences from both Indian and Chinese cooking.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Yes, we can! Diane Thompson recently spent a day canning and crafting these two recipes: Mustard Pickles and Vanilla Pears. Visit metronews.ca/globalpeasant.

Dining out

PRIX FIXE FOR THE POCKETBOOK Blink (111-8th Ave. S.W.) has prix fixe menus for lunch (two courses for $26, three for $32) and for early dinner before 6:30 p.m. (two courses for $29.50, three for $35.50).

SUNDAY SAFARI BRUNCH The Calgary Zoo includes admission before noon when you fill up at Safari Brunch every Sunday 9:30 a.m. to 1 p.m. Call 403-232-9300 for more info.

FRENCH FOOD FOR THE OFFICE Be the office hero at the next lunch meeting by ordering fresh baked baguette sandwiches (pâté, duck leg rillettes, smoked salmon), and divine macaroons from French deli, L'Epicerie. Their catering includes delivery. Call 403-514-0555.

In brief

ONE ANIMAL STUFFED IN THE OTHER, STUFFED IN ANOTHER For something different this Thanksgiving, try a turducken — a chicken stuffed in a duck stuffed in a turkey — from the Bon Ton Meat Market (1941 Uxbridge Dr. N.W.). Canmore's Valbella Gourmet Foods and the Griesser Spoon Railway Deli are also taking turducken pre-orders.

GET YOUR STARBUCK EVEN QUICKER THAN YOU DID BEFORE Starbucks Coffee launched its Starbucks VIA Ready Brew at all Canadian locations this week. Starbucks VIA is 100 per cent natural roasted arabica coffee in an instant form that, they say, tastes like a fresh-brewed cup of Starbucks coffee.

METRO NEWS SERVICES

Steady Rain's steady numbers

Hugh Jackman and Daniel Craig are setting box office records with their Broadway play, A Steady Rain. Last week, the show scored the highest weekly ticket sales of a non-musical play, earning just under $1.17 million US. METRO NEWS SERVICES

Celebrity Buzz

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Motion Chiropractic
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Dr. Steven Betts
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Celebrity tweets

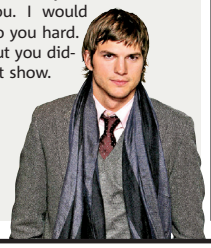
Neil Gaiman deals with the harvest, Ashton Kutcher has a simple philosophy on life, Sarah Silverman has a troubled relationship with her Twitter followers and John Mayer has a troubled relationship with fast food.

• @neilhimself First frost outside. All the mad bringing-in-tomatoes efforts from yesterday were actually sensible. How odd.

• @aplusk everyone loves puppies

• @SarahKSilverman Goodnight strangers. I am trying to still believe in love, but you make it hard.

• @johncmayer Dear Carl's Jr, I told myself that if I saw you on my drive I would do you. I would do you hard. But you didn't show.



Still together ... for now?

TROUBLE IN PARADISE? Despite reports that Justin Timberlake and Jessica Biel's two-year relationship is over, sources tell People the couple has not broken up.

In fact, on Monday night they were photographed together while on a getaway in Northern California.

"They're together," says an insider. "They're not breaking up. Any time they spend time apart it's because they're working."

Over the summer, Timberlake, 28, was in Europe promoting his Givenchy fragrance and William Rast clothing line, while Biel, 27, remained in Los Angeles where she starred in Guys and Dolls. But in January, the actress plans to climb Mt. Kilimanjaro (as part of the star-studded Summit on the Summit expedition to raise awareness for clean water), and Timberlake, says sources, is in talks to join her.

Whether the couple will still be together in three months is another story.

According to a second source, they are going through a rough patch.

"Things have been a bit up in the air recently," says the source.

"They've been spending more time apart — more time with each of their friends, and they've been reevaluating (their relationship)."

As for rumours that Timberlake has been getting close to Rihanna, a source close to her insists that the relationship is purely professional: "They're working together. They were in the studio for her album and they'll be going back in again."

METRO NEWS SERVICES

Cruz mum on lady lip-locks

SHE DOESN'T KISS AND TELL Penelope Cruz refuses to rank her on-screen female kissers.

The star has previously locked lips with Charlize Theron in 2004's Head in the Clouds and Scarlett Johansson in last year's Vicky Cristina Barcelona.

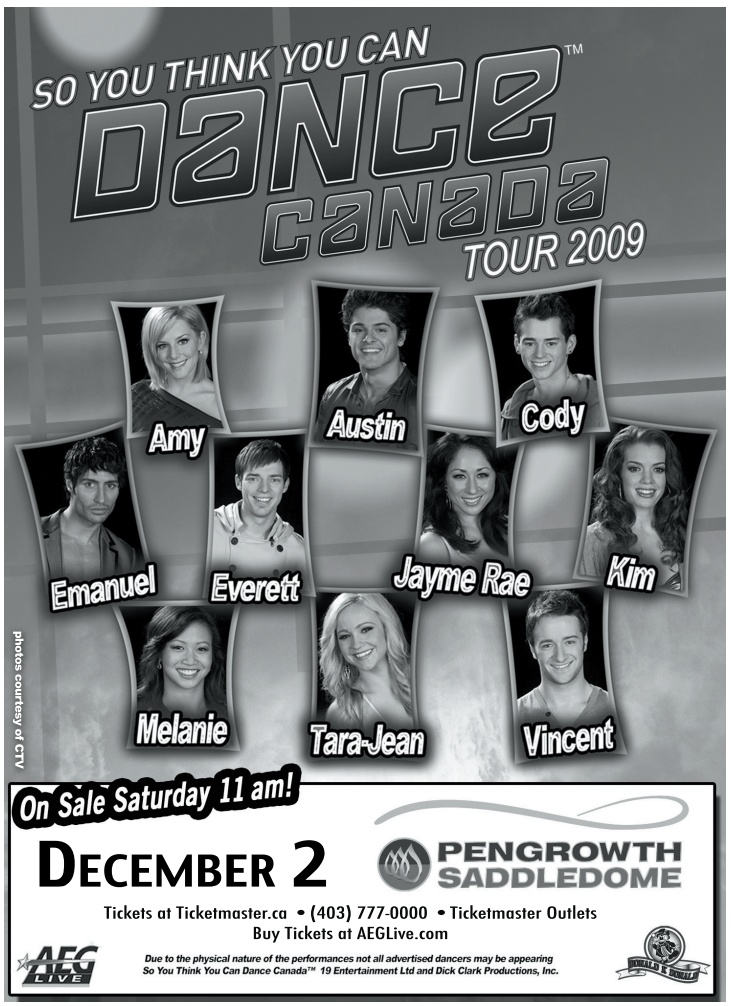
When asked by Vanity Fair which was better, the actress demurs: "No matter how I answer that I will be in trouble," she says. "Both were pretty beautiful partners."

METRO NEWS SERVICES

Travolta testifies he was threatened

TRIAL John Travolta has told a Bahamas court a local paramedic threatened to sell stories to the media suggesting the movie star was at fault in the death of his 16-year-old son.

THE CANADIAN PRESS



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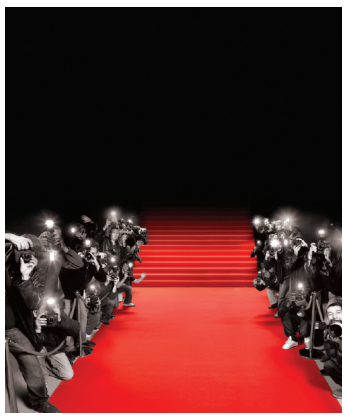

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Friday Cloudy 11 C / -2 C
Saturday Rainy 4 C / 3 C

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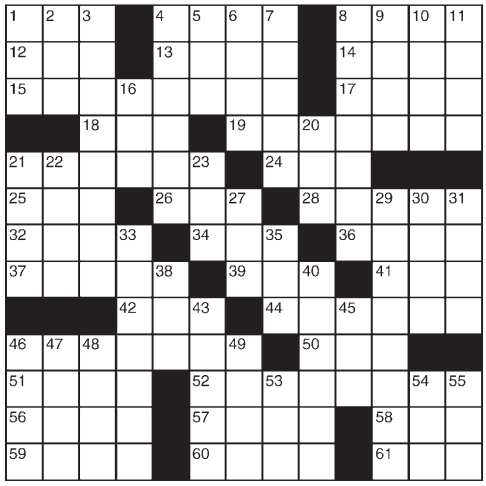
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

1 Lobbyists' grp.
4 Essence
8 Rich soil
12 Under the weather
13 Sunscreen ingredient
14 Between jobs
15 Makeshift stain remover
17 Rind
18 — -relief
19 Not naked
21 No, for one
24 Have a go at
25 Eggs
26 Aye undoer
28 Treetop decoration, often
32 Dweeb
34 Trump casino hotel, for short
36 Geologist's sample
37 Bad lighting
39 Bankroll
41 Whopper
42 Scull need
44 Short jacket
46 A water sign
50 Fraud-monitoring org.
51 Injury
52 Chorus of a sort
56 Vicinity
57 Verve
58 Work with
59 Cow's hurdle?
60 Fat
61 Satchel

DOWN

1 Snapshot
2 Every crumb
3 Where riders lounge
4 Relay
5 U.N. workers' grp.
6 Lincoln in-law
7 Soul mate?
8 Emulate Milli Vanilli
9 Praiseful pieces
10 Sheltered
11 Pinochle ploy
16 Cudgel
20 Detergent brand
21 Lady of Spain
22 Finished
23 Scoundrel
27 Deviate off course
29 Iron, e.g.
30 One of HOMES
31 Lascivious look
33 Entry-level job?
35 Discord
38 Siesta
40 Protect
43 Bright star of Orion
45 List-ending abbr.
46 Counterfeit
47 "— nome" (aria from "Rigoletto")
48 Sandwich treat
49 Stewpot
53 Corn spike
54 NAFTA signatory
55 Plead

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5				6	8	9		7
2	7						5	
				5	1		3	
	3					2		
			1		7			
		4					7	
	6		3	2				
	4						9	3
3		7	6	1				4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

D	I	M		S	E	A	R		B	A	D	E
A	N	A		U	R	G	E		A	L	O	E
I	C	Y		B	R	E	A	K	N	E	C	K
S	H	O	A	L			P	E	T			
			R	I	C	A		N	E	W	E	L
B	O	O	K	M	A	R	K		R	A	C	E
A	L	P		E	R	I	E	S		C	H	A
S	L	A	W		B	A	N	K	B	O	O	K
S	A	L	A	D		S	O	U	R			
			L	I	E			L	A	T	E	X
B	R	O	K	E	B	A	C	K		O	R	R
R	E	D	O		B	L	U	E		A	G	A
O	V	E	N		S	L	E	D		T	O	Y

8	5	3	4	1	2	6	9	7
2	9	4	8	6	7	1	5	3
7	6	1	3	9	5	8	4	2
9	2	5	7	4	1	3	6	8
4	8	7	5	3	6	9	2	1
1	3	6	2	8	9	4	7	5
3	4	2	9	5	8	7	1	6
6	7	8	1	2	4	5	3	9
5	1	9	6	7	3	2	8	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Stephanie's Easy Chicken

Submitted by Stephanie Lozon, Annan, Ont.

INGREDIENTS:

6 chicken breasts
6 slices of shaved prosciutto
1-1/2 cups of dry white wine
1 cup of cherry tomatoes or chopped tomatoes
6 fresh basil leaves or 1 tsp dried crushed basil
1 glove of garlic minced
6 slices of Swiss cheese
Salt and pepper to taste

METHOD:

1. Pre-heat oven to 375C.
2. Place chicken in baking dish. Wrap each piece of chicken with prosciutto; add chopped tomatoes or cherry tomatoes sliced in half.
3. Add torn basil, garlic and salt and pepper over dish. Pour wine over dish to make sure chicken remains moist.
4. Put in oven. Sit back and enjoy a glass of wine while it cooks for 30 minutes.
5. Then add the Swiss cheese over chicken and cook for another 10 minutes or until melted.

SERVES 6
PREP TIME: 5 MINUTES
COOK TIME: 40 MINUTES

Weekly winners

• Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca. A weekly winner will be drawn from now until the end of October.

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minute supperclub.com**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You're in an argumentative mood and once you start challenging other people's views you will find it hard to stop.

TAURUS ♉
APRIL 21-MAY 21
The problems you face may be tough but you are tougher and before the day is over even your enemies will respect you for your tenacity and self-belief.

GEMINI ♊
MAY 22-JUNE 21
Mercury, your ruler, aspects Mars, planet of ego, which may be good news or bad news depending on how you handle the energies it releases.

CANCER ♋
JUNE 22-JULY 22
It may be the start of a new month but it is an old problem that will cause you most grief. Fortunately, Mars gives you a touch of ruthlessness.

LEO ♌
JULY 23-AUG 23
It's not like you to be so defensive but for some strange reason you seem to think you need to make excuses for your behaviour.

VIRGO ♍
AUG 24-SEPT 22
Not everyone shares your way of looking at the world, and you need to get your head around that fact.

LIBRA ♎
SEPT 23-OCT 23
Someone in a position of authority will put you to the test today and you will come through with flying colors.

SCORPIO ♏
OCT 24-NOV 22
Try to avoid being too aggressive today, especially if you are the kind of Scorpio who knows how to use words as a weapon.

SAGITTARIUS ♐
NOV 23-DEC 21
Certain changes need to be made and you've made it your business to force them through whether or not others agree with you.

CAPRICORN ♑
DEC 22-JAN 20
Someone with a strong personality will give you a hard time today, but you are not the sort to take it without giving as good as you get.

AQUARIUS ♒
JAN 21-FEB 18
Are you doing too much? If you are your body will send you some obvious warning signals today and if you are wise you will act on what they tell you.

PISCES ♓
FEB 19-MARCH 20
You will be incredibly assertive today and anyone who thinks you will accept a lesser role in whatever drama is unfolding is sure to be disappointed.

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